

Contacts

If you need further information on this condition please contact your local GP or health visitor.

If you would like further copies of this leaflet or if you need it in another format such as Braille, ASCII, audio cassette, disk, large print or other languages, please quote umbilical granuloma leaflet, Bristol North Primary Care Trust, July 2005 and contact the communications department on 0117 900 2681.

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Leaflet produced by the PCT's communications department

July 2005

Care of umbilical granuloma



Bristol North **NHS**
Primary Care Trust

General care of the belly button

1. Cleanse belly button with soap and warm water when soiled with urine/stool
2. Keep the belly button clean and dry
3. Expose the belly button to the air by rolling back the top of the nappy.

What is umbilical granuloma?



Umbilical granuloma:

- is an overgrowing of tissue during the healing process of the belly button
- may look like a soft pink wet cherry-red mass
- usually occurs in reaction to a mild infection
- is most common in newborn babies.

How is it treated?

You can treat your baby at home with table salt or cooking salt.

Common salt has shown to be an effective practice to treat umbilical granuloma by the following steps:

1. Apply a small pinch of table/ cooking salt over the umbilical granuloma
2. Cover the area with gauze dressing and hold it in place for 10-30 minutes
3. Then clean the site using a clean

gauze dressing soaked in warm water

4. You should repeat the procedure twice a day for at least three days

In approximately two or three days you should notice that the granuloma reduces in size, it may change colour, dry off and the area will gradually heal.

5. See your GP, health visitor or practice nurse after one week
6. If umbilical granuloma does not respond to treatment then the health professional will consider the need for any further treatment.

If an infection is suspected

If your baby's belly button is showing signs of an infection, the belly button is red, possibly having an offensive smell and discharge, contact your GP for further details on treatment.